Important Information for Taking Care of My Children

My Contact Information

My Name:

My Cell Phone #:

I will be at: I will be back at:

My Home Information

Home Phone Number:

Home Address:

In Case of an Emergency call 911
Then call me. If I cannot be reached call

Name:

Home Phone #:   Cell Phone #:

Child's Physician's:

Child's Physician's Phone #:

Information About my Children

Their Names	Their Ages

Food/medical allergies:

When children need to be fed:

Are children talking medication: [ ] Yes   [ ] No

They will need their medicine at:

My Baby Needs Special Care

When the baby needs to be fed at:

The baby was last changed at:

When the Baby Cries

It is normal for my baby to cry. Listening to a crying baby can be very frustrating. You are not a bad babysitter if you call for help. It means you are smart enough to know your limits. Shaking a baby is very dangerous and can cause severe injury to the baby's fragile brain. Some shaken babies die and some end up with disabilities.

No matter how frustrated you may become,
NEVER SHAKE THE BABY

If you feel like you may lose control and hurt the baby, follow these basic rules to keep the baby safe:

1. Never have the baby in your hands when you are frustrated and angry!
2. Call me or _____ at _____ for help.
3. If you are alone and the crying gets to be too much, put the baby in a safe place and go to another room for a few minutes. Collect yourself and then come back to care for the baby.

When you are calm, try some of these tips to soothe the baby –

* Feed the baby
* Burp the baby
* Change the diaper
* Give the baby a pacifier
* Swaddle the baby in a soft blanket
* Rock the baby
* Gently sway your body while holding the baby
* Take the baby for a walk

* Lay the baby tummy-down across your lap and gently pat her back
* Stroke the baby's chest
* Turn on some white noise, like a washing machine or hair dryer
* Offer the baby a noisy toy or rattle
* Lower any surrounding noise and lights
* Let the baby cry it out if nothing works